

(Monroe Institute Blog - September 10, 2024)

TRAINING YOUR “MAGICAL MINDSET”

Malorie Mackey

Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

One of my favorite sayings is that anything we consider magic is just a science yet to be discovered. Case in point: a few hundred years ago, people exposed to television would likely have considered it “magic.” Today, however, we see television and know it as a technology. Everything in the natural world has laws behind it, but mysteries still abound that have yet to be discovered or defined. Things we don’t understand seem magical because we can’t fathom how they work or even how they can exist at all. By thinking of it this way, magic is more a matter of mental perception than anything else. It’s how we see the world. This “magical mindset” is punctuated by a natural curiosity—one that I want to invite into my life more frequently. So, let’s talk about training the mind to see magic all around us.

While it is beneficial (if not crucial) to have a logical mind in many circumstances, sometimes a magical mindset can bring more rewarding results. For instance, if you’re desiring a relaxing day outdoors, wouldn’t it be wonderful to approach it with a sense of magic and excitement? (And I’m not talking about *magical thinking*, but rather perceiving with fresh eyes and a happy, open, curious frame of mind.) Perhaps you can set aside your logical mind on those days and, with it, any worries, concerns, or “to-dos” you may have. Then, try to play! I feel that playfulness and enthusiasm can come with that magical mindset as—at least in my case—it comes from a place of creativity and curiosity.

I’ve spent many of my days off enjoying the beauty of nature and using its wonder to pull forth magic. Sitting in the grass, looking at the individual blades, noticing the bugs crawling around them, and feeling the sun on my face as I relax under the blue sky, I notice how magical and beautiful it all is. Something freeing comes with hearing the chirping of insects without having to know what kind of insects they are. These little observations make all the difference in any given moment.

Choosing to engage in a more magical outlook means choosing to put aside the stressors you may be having and committing to a more mindful experience. Here's a quick exercise that may help you add a little magic to your routine.

Step outside, sit in the grass (or any comfortable spot in nature), and start making observations, such as the grass beneath you. Is there anything about it that you don't usually notice? How does it feel beneath your feet and/or legs? Is it cool? Is it healthy and vibrant? Are there any flowers, plants, or trees nearby? Does anything about them stand out, such as colors, shapes, or scents? How would you characterize the sky above? By finding new little discoveries like this, a joy may arise—one that feels magical!

Try to listen to the sounds of nature. Auditory stimulation is another way to get creativity flowing and initiate a mindset of discovery and adventure. Do you hear anything you haven't heard before? If you hear a bird or an insect, rather than trying to analyze what it is, simply listen and allow your mind to visualize whatever it wants to associate with the sound.

If you're not feeling enthused by approaching the world in a consciously inquisitive state, perhaps try one of the creativity exercises in Monroe's Expand app such as "Supercharge Your Creativity" or "Your Creativity Connection."

Certainly there is benefit in planning and structuring your life with a logical mindset. We're trained to use logic most of the time. But on days where you simply need to decompress and play, try suspending habitual logical thinking and look at the world in a different way. Notice the details... the delightful nuances of your surroundings that you ordinarily miss. Allow a magical mindset to take the lead every now and then, if for no other reason than to stir your creative juices and arouse an appreciation for the great mystery of the world and your existence in it.